

# CLASS TIMETABLE



FINLAKE FITNESS

## FREE TO MEMBERS

Book online at [finlakeresort.co.uk](http://finlakeresort.co.uk) or call **01626 563250**

### MONDAY

06.45-07.30	Group Cycle	Lewis
09.15-10.00	Body Pump	Abby
10.15-11.00	Body Combat	Abby
11.15-12.00	Body Balance	Abby
12.15-13.00	Zumba	Debbie
12.30-13.15	Aqua	Magdalana
17.00-17.45	Zumba	Kelly
18.00-18.45	Body Pump	Abby
19.00-20.00	Xtreme Fit	Abby
19.30-20.15	Aqua	Aaron

### TUESDAY

06.45-07.30	Spin Flex	Lewis
09.15-10.00	Group Cycle	Lewis
10.15-11.00	Zumba	Sam
11.15-12.00	Body Pump	Maddie
12.15-13.00	Body Balance	Maddie
18.00-18.45	Body Combat	Abby
19.00-19.45	Body Balance	Abby

### WEDNESDAY

09.15-10.00	Body Combat	Abby
10.15-11.00	Body Balance	Abby
11.15-12.00	Circuits	Tash
11.15-12.00	Aqua Zumba	Kelly
18.00-18.45	Group Cycle	Lewis
18.00-18.45	Rig Fit	Tash
19.00-19.45	Yoga	Emma
19.30-20.15	Aqua	Magdalana

### THURSDAY

07.00-07.45	HIIT	Lewis
09.15-10.00	Body Pump	James
10.15-11.00	Spin Flex	Lewis
11.15-11.45	Core Class	Lewis
18.00-18.45	Strength and Conditioning	Abby
19.00-19.45	Zumba	Sam
19.15-20.00	Aqua HIIT	Aaron

### FRIDAY

07.00-07.45	Group Cycle	James
09.15-10.00	Body Pump	Abby
10.15-11.00	Body Combat	Abby
11.15-12.00	Zumba	Vicky
12.30-13.15	Aqua	Magdalana
18.00-18.45	Body Pump	Abby
19.00-19.45	Pilates	Emma

### SATURDAY

08.00-08.45	Group Cycle	Tash
10.00-10.45	Kids Fit	Tash

### SUNDAY

09.15-09.45	Core	Alisha
10.00-10.30	MET CON	Alisha

All classes can be pre-booked up to 6 days in advance and are on a first come, first served basis. £7 per class or FREE to members. Book online at [finlakeresort.co.uk](http://finlakeresort.co.uk) or call **01626 563250**. Timetable may be subject to change.